



Good Grief  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700  
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Nov 2019

## *Surviving the Holidays*

By Richard B Gilbert Valparaiso, Indiana

*My grandmother was like royalty to us. She had the stature of the "Queen Mum" and led us all with her regal presence. When word came from her doctor that he wanted to see her right away, we were all in a stunned silence.*

*Bad news? As it turned out, Gram had a mild heart irritation, requiring medication and a diet change. The doctor advised her to eat a banana a day. When Gram came out of the doctor's office she announced: "The doctor said I should have a banana split every day. Let's go to the ice-cream stand." So, off we went.*

*Grief is a lot like that. Sometimes it is choosing banana splits, but more often it is facing each moment, each detour, each stretching of our sanity and awareness, each feeling (even feelings stripped raw to a level of pain never experienced before), by giving them meaning, value and purpose.*

*We certainly don't need (and shouldn't embrace) people telling us what to do and when to be "over this." Instead, we embrace those who are willing to walk alongside, to listen a lot, to speak when we ask, and - as we struggle to find some measure of*

*meaning and hope—to struggle with us and for us.*

*Holidays and special days like Thanksgiving, Hanukkah, Christmas, New Year's, birthdays, seasonal days and anniversaries share common threads. They remind us of the way things were, and, at least for now, that may result in more pain with reminders of loss rather than lovely memories. There is pressure to choose what to do (if anything) with these holidays; there is increased fatigue and sadness; and there is the sense that we are slipping deeper into the hole of loss.*

*When we are grieving, holidays and special days are much like the summoning Gram experienced with her doctor. They take what used to be our pattern for coping, the points of meaning and hope where we can "hang the hats" (and ornaments) of our feelings for at least a moment of peace and quiet. These especially difficult times can take anything that hints of sanity and good order and leave us feeling as if we are spinning aimlessly and hopelessly out of control.*

*It takes work to begin to grab a new pathway the way we would like things to be. The rituals and traditions often seem to be complicating factors rather than gifts. Holidays and special days often present decisions, tasks and expectations that we feel too weak to tackle. When we are exhausted, why would we want to take on more work? Holidays can be gifts, they can be glimpses of peace,*



*and they can be the chance to select new rituals, new customs, new ways to remember less and less about a death and more and more about a life.*

*Planning, organizing and living in chaos are how most of us spend the holidays, which can either put us "over the top" or drive us deeper into the valley of despair. Still, we have the privilege of choosing what will or will not be part of our grief journeys. In your own time frame, you can decide which of the holiday customs you want to hold onto, what you want to set aside (at least for this year) and what new territory you want to explore.*

*Holidays usually include some expression of giving and receiving...cards, cookies, homemade fudge, gifts, greetings, visits. Healing can come when we risk giving. Don't try to buy your way to healing, but give something special as a remembrance. Be open to the deeper gifts and meanings of these special days. There could be a rare jewel in there somewhere and a glimpse of some new door that will lead you out of the valley of your loss.*

*Seek guidance. Shop wisely. Rest often. Spend cautiously. Think healthy thoughts. Commit to your need for healing and take time to reach your chosen goals. Most of all, commit to survival. You will move closer to healing and hope, to remembering and living.*



## SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

**Be sure to check the website for any changes to meeting schedules.**

### **Mondays: 7:00 - 8:30 PM**

Grace Baptist Church – (1414 W Pawnee)  
*Facilitators:* Bob & Connie Westerfield

### **SOUTH WICHITA**

### **Mondays: 7:15 - 8:30 PM**

East Point Church of Christ - (747 N 127th Street E)  
**Go to separate building north of playground**  
*Facilitators:* Adrienne Massey, Melissa Warnken, Phyllis Nichols

### **EAST WICHITA**

### **Tuesdays: 10:00 - 11:30 AM**

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room  
*Facilitators:* Marjorie Watkins & Jack Elder

### **CENTRAL WICHITA**

### **Tuesdays: 6:30 - 8:00 PM**

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.  
*Facilitators:* Evelyn Reece, Marsha Huffman, Bonnie Workman

### **WEST WICHITA**

### **Tuesdays: 7:00 - 8:30 PM**

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door  
*Facilitators:* Kathy Thomas & Linda Burris

### **CLEARWATER**

### **Wednesdays: 7:00 - 8:00 PM**

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)  
 RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room  
*Facilitators:* Deana King, Jenny Mitchell, David Span

### **CENTRAL WICHITA**

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## **SURVIVORS OF SUICIDE LOSS**

### **Mondays: 7:00 - 8:00 PM**

RiverWalk Church of Christ - (225 N Waco) Use NW entrance door. This door is usually locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.

*Facilitator:* Jim Yoder 316-727-0663

### **CENTRAL WICHITA**

*If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.*

**You are welcome** to attend any support group of your choice.

It is normal to feel confused, forgetful, crazy, lost and alone, plus a wide range of other emotions.

It may not feel like it just now, but it does get better . . . let us help. **Please commit to attend at least three times.**

The first two times may be difficult but you will begin to feel a difference in your grieving as you are able to share about your loss and other issues that come along at this time.

You might want to visit several groups until you find the one you feel most comfortable with.

## **First Holiday**

We lit a candle today,  
 To fill the empty place,  
 where you should be  
 but aren't.....

I stood with my hands  
 cupping

the flame and felt the heat...  
 the energy.....

Empty space between the fire  
 and flesh

Nothing visible

Nothing to see...

And yet I knew it was there  
 the energy touched my skin

And so it was with you  
 today.

Nothing visible—nothing to  
 see.

And yet I knew you were  
 here.

## **Schedule of Regular Socials:**

### **Thursdays: Breakfast at 9:00 AM**

IHOP - 11855 E Kellogg Drive  
 (Hosts: Cindy Swan, John McBride)

### **Saturdays: Breakfast at 10:00 AM**

Spears Restaurant - 4823 West Maple  
 (Hostess: Janet Cook)

### **Thursdays: Lunch/Brunch at 10:00 AM**

Country *breakfast* Café - 2804 S Seneca Street  
 (Hostess: Lois Pardee)

# November 2019

.....walk in the sunshine today



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Breakfast 10 am Spears Restaurant
3 <b>Daylight Savings Time Ends</b>	4 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	5 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  ELECTION DAY	6 W.A.Y. Group 7:00 pm	7 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  TLC Mtg 5 PM	8	9 Breakfast 10 am Spears Restaurant
10	11 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm  VETERANS DAY	12 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  GG Board Mtg 5 PM	13 W.A.Y. Group 7:00 pm	14 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	15	16 Breakfast 10 am Spears Restaurant
17	18 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	19 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	20 W.A.Y. Group 7:00 pm	21 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	22	23 Breakfast 10 am Spears Restaurant
24	25 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	26 Central Group 10 am West Group 6:00 pm Clearwater 7:00 pm	27 W.A.Y. Group 7:00 pm	28  THANKSGIVING DAY	29	30

### For That I Am Thankful

by darcie d sims

It doesn't seem to get any better, but it doesn't seem to get any worse either... For that, I am thankful

There are no more pictures to be taken, but there are memories to be cherished... For that, I am thankful

There is a missing chair at the table, but the circle of family gathers close... For that, I am thankful

The turkey is smaller, but there is still stuffing... For that, I am thankful

The days are shorter, but the nights are softer... For that, I am thankful

The pain is still there, but it lasts only moments... For that, I am thankful  
The calendar still turns, the holidays still appear and they still cost too much. And I am still here... For that, I am thankful  
The room is still empty, the soul still aches, but the heart remembers... For that, I am thankful  
The guests still come, the dishes pile up, but the dishwasher works... For that, I am thankful

The name is still missing, the words still unspoken, but the silence is shared... For that, I am thankful  
The snow still falls, the sled still waits, and

the spirit still wants to... For that, I am thankful  
The stillness remains, but the sadness is smaller... For that, I am thankful  
The moment is gone, but the love is forever... For that, I am blessed... For that, I am grateful...  
Love was once (and still is) part of my being... For that, I am living...  
I am living... For that, I am thankful



Contributions for last month(s) totaled \$835.00  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# October

Contributors:

Lois Pardee

Jarree Miller

Ted McMurphy

W H Ford

Nancy Vincent

Cheri Gartin

South Group

Anonymous

Al Kemmerer

Larry Schwarm

June Rempel

Anita Downey

Shirley Smith

Karen Anderson

Elizabeth Sommerhauser



## Memorial Gifts

*In loving memory of my best friend  
 and soulmate of 67 years*

*Leon Smith*

*by Shirley E Smith*

\*\*\*\*\*

*In loving memory of our son*

*David Sommerhauser*

*who passed 11-1-10. Good Grief was a  
 blessing to us in our grief.*

*Thank you*

*Elizabeth Sommerhauser*

\*\*\*\*\*

*In loving memory of my best friend  
 and soulmate for 26 years*

*Bill Anderson*

*by Karen Anderson*

## Love Gifts

At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important. We depend on donations from individuals and organizations to meet our program expenses and to keep the Good Grief office open.

Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

*Memorial tributes and gifts always welcome.*

Note: For memorials with a special remembrance date, submit information one month early for timely publication.

# November Birthdays

Terry Seifert..... 1  
 Janet Bohl..... 2  
 Omer Wiseman..... 5  
 Bonnie Workman ..... 6  
 Ruth Thompson ..... 9  
 Rodney Wake ..... 10  
 Kirk McConachie..... 11  
 Janet Cunningham..... 15  
 Patricia Bird ..... 17  
 Bev McGee ..... 17  
 Mary Conner ..... 18  
 Beth Wiechman ..... 21  
 Dan Birr..... 22  
 Connie Seigler ..... 22  
 Amber White ..... 23  
 Ron Zafuta..... 26  
 Melissa Kurtenbach ..... 27



### November Birthdays

- Birthstone: Topaz
- Flower: Chrysanthemum
- Zodiac Signs: Scorpio & Sagittarius

### How to Celebrate November

- No-Shave November (Men's Health Awareness)
- National Adoption Awareness Month
- National Pepper Month
- Aviation History Month
- Peanut Butter Lovers Month

### Important Dates

- Daylight Savings Time Ends November 6th
- Election Day is Tuesday, November 8th
- Veteran's Day is Friday, November 11th
- Thanksgiving Day is Thursday, November 24th
- AMP Office will be closed 11/24 & 11/25



### Did You Know?

President Abraham Lincoln declared the final Thursday in November as the national day of Thanksgiving. Congress made Thanksgiving Day an official national holiday in 1941. Sources: grieflab.com | history.com | nationaldaycalendar.com



# *Thanksgiving and Christmas*

“ And so its Thanksgiving and what shall we do?  
Though we’ve tried and we’ve cried. We are not over you.  
And so, now it’s Christmas and what have we done?  
It’s so hard to do anything when you’re missing someone.”

For many of you reading this, these words will have an all too familiar ring. They are just some of the thoughts and fears you have been grappling with, some for the first time, as you face the holidays, some again this year as you face another holiday and perhaps wonder if it will be easier than the ones before.

For many of us, particularly in the first weeks and months after the death of a loved one, ordinary days are hard, every day is hard. How can we possibly be expected to feel like celebrating? like participating? to act like we are happy? to not notice the empty chair at the table? that someone’s stocking hangs empty this year?

In this season of giving, perhaps you feel as though you have nothing to give. In this season of giving thanks, perhaps you feel that everything good that you had left with your loved one who died.

Perhaps you are feeling empty, scared, lost, and alone. Perhaps you feel like a phony as you smile and pretend that everything is fine; all the while thinking: “If they only knew!”

This year, whether it is the first, the second, the third or the tenth since our loved one died, WE, those who are or have grieved, have gifts to give to ourselves and to one another. Perhaps it is a hug or a hand on a shoulder. Perhaps it is listening without judgment or advice. Perhaps it is not expecting as much from ourselves or from others. Perhaps it is a message of hope or a word of encouragement. Perhaps it is letting yourself say or hear the words: “I love you” or “You did the best you could.”

Let our gift this season be the willingness to give to others and allow others to give to you those things that money cannot buy. Perhaps your gift is allowing others to see your brokenness and to come alongside of you in your pain. Perhaps your gift is to come alongside of someone in their brokenness and pain. Perhaps....it is both.

“For it is in the giving that you receive.....”

Deb Kosner, Thanksgiving and Christmas,

2006 Holiday Issue. Reprinted with permission

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## *Coping With Grief.....Especially During the Holidays*

**PLAN AHEAD** Although there will be moments when feelings unexpectedly overwhelm you, if plans are in place, it will help to ease the strain.

**SET PRIORITIES** Before you plan, decide which activities and traditions are most important to you. This will make it easier to phase out those deemed less desirable.

**MAKE A NEW TRADITION** Starting a new phase of your life deserves some special event.

**INCLUDE THE DECEASED IN YOUR CONVERSATIONS** If you bring up his or her name, others will be more willing to talk about him or her too.

**EXPRESS YOUR FEELINGS** When you are depressed or need to cry, go ahead. Most people understand and accept you as you are. For those who seem uncomfortable, remind them gently that tears are natural and healing when a person is grieving.

**FIND SOMEONE YOU CAN HELP** Few activities are as satisfying as giving assistance to a person who needs your caring.

**BUY YOURSELF SOMETHING SPECIAL** You have experienced one of the most difficult losses of life. Be good to yourself.

**CHERISH YOUR MEMORIES** Though they may occasionally be painful now, they are yours to keep and will grow more precious as time goes on.

**BE PATIENT WITH YOURSELF** Your energy level is low and concentration powers are weak. At times, confusion reign supreme. Allow yourself extra time in accomplishing tasks.

**TAKE TIME OUT FOR REST AND RELAXATION** A few minutes each day in a quiet place, and an enjoyable activity once a week, just for your rejuvenation will ease the stress of grief.



**TIME IS RUNNING OUT!!!**



**RAFFLE TICKETS**

**\$10 ea**

Available from your facilitator or by calling the office at 316-612-0700

**Thank you for supporting  
Good Grief of Kansas**



**Office Hours**

Mon. 8:00 - 5:00  
Tues. 8:00 - 10:00  
Wed. 8:00 - 10:00  
Thurs. 8:00 - 10:00  
Closed Fri/Sat/Sun

**OFFICE SUPPLY NEEDS:**

**Envelopes:**  
**# 6 Security**  
**# 10 Standard**  
(Dollar Tree envelopes work just fine)

**Colored Paper:**  
**Pastel - Cream**  
**8½ x 11, 24 lb**

**DILLONS COMMUNITY REWARDS**

**Dillons Plus Card Instructions**

**Step 1:** Go online to *www.dillons.com*

**Step 2:** (If you already have an online account please go to instruction below.)

Click on Community/then Community Rewards. Click on Create Account, enter email address and password, select preferred store, then click on create account at the bottom of the page.

**Step 3:** Add Dillons Plus Shoppers Card - Enter the 12 digit number from the back of your Dillon's Plus Card or alternate phone number and your last name, then click on save.

**Step 4:** This will bring up Account Summary page, scroll to bottom of page and at Community Rewards, Click Edit button.

**Step 5:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

**Already have a Dillons Account?**

**Step 1:** Go online to *www.dillons.com*

**Step 2:** Click on Community /then Community Rewards

**Step 3:** Sign In - enter email and password, then enroll now.

**Step 4:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message.

**I Want To Help Support Good Grief of Kansas**

Enclosed is a memorial gift in memory of (Name) \_\_\_\_\_

Enclosed is my tax-deductible gift in the amount of \$ \_\_\_\_\_

Enclosed is my monthly support of:

\$20 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$75 \_\_\_ \$100 \$ \_\_\_\_\_

**Send Memorial acknowledgment to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City State, Zip \_\_\_\_\_



**ANONYMOUS PLEASE**

I would like more information  
My phone # is ( ) \_\_\_\_\_  
My Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_



# Good Grief News

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*Save the Date*

Dec 14, 2019

Christmas

Party

Don't miss it !!

[www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700

Good Grief News

### Executive Board

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

### Board Members

Marilyn Nichols Ted Swan  
Merri Reed Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Trainers, Facilitators & Substitutes

Linda Burris	Fang Richards
Janet Cook	Cathy Sexton
Thomas Downer	Debbie Selsor
Jack Elder	Cindy Swan
Kathy Harbert	Kathy Thomas
Rhonda Hinkle	Marjorie Watkins
Marsha Huffman	Melissa Warnken
Frank Jarmer	Bob Westerfield
Adrienne Massey	Connie Westerfield
Lois Pardee	Bonnie Workman
Mary Piotrowski	Jim Yoder
Evelyn Reece	

### **Mission Statement:**

Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

### Program Outreach:

- Widowed Support Group
- Survivors of Suicide Loss Support Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

**To be REMOVED from this mailing**

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email your name and address as it appears on your mailing label to [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org) and put "remove from mailing" in the subject line.

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- Memorials, Gifts & Donations

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[info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)

## Marge Glazier



Real Estate for the Real World

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